

On My Way To 90 Days

Posted by Lost In Search - 02 Feb 2022 02:33

I decided to start a new thread for this topic.

I am starting my 90 day count today.

I know there will be lot's of falls but that's ok,

I want to have the accountability from others who are following me on my journey.

I have not had a clean week in many months and have been struggling for years, so I don't want to kid myself that I will get to 90 days on my first try. I know there will be countless falls along the way. Hopefully I will reach there one day. But I do want to have the challenge and also have some accountability from others.

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Re: On My Way To 90 Days

Posted by Bilaam Harasha to Yosef Hatzaddik - 07 Feb 2022 00:31

Got it. Thanks for letting me know.

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Re: On My Way To 90 Days

Posted by Lost In Search - 07 Feb 2022 01:55

Heres an update,

Last night I kept myself far from ant non jewish entertainment sites and I felt it to be a lot easier not to fall, I actually didnt even think of porn, it wasn't on my radar.

I am going to continue staying far away from these entertainment sites for now and see how it goes.

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Re: On My Way To 90 Days

Posted by Lost In Search - 08 Feb 2022 11:37

A little update

I stayed off youtube today and as well any non jewish entertainment sites and did not feel the urge to watch any porn or to masturbate.

Gotta keep the triggers as far away as possible

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Re: On My Way To 90 Days

Posted by Shtarkandemotional - 08 Feb 2022 17:02

I posted this on your other thread, I guess I'll post it here as well

Hey buddy, your doing so so awesome!! Based on what I'm seeing I would love to just point out a few points... I think it can be beneficial.. if you think this doesn't apply to you then - disregard it :-)

1. a big part of your fight is knowing erotic stuff on the internet is an option to lust on
2. you keep losing a clarity on why you don't wanna fall.. in a way your allowing the filter to fight for you or the webchaver or whatever it may be, so at a certain point you try to outsmart the original system you made so your always in inner turmoil should I?! Should I not?!

these 2 I noticed.. but I can be wrong :-) if this is so, how about trying a couple things..

1. Start by building a clarity on why you don't wanna fall.. regardless of filter or webchaver or even if your mother in law has access to it. It makes no difference.. what's the solid reasons your done with erotic Internet content? How about writing them on a paper a list of a lot of powerful PERSONAL reasons.. and reading it to yourself each day for 20 minutes. Or even 30 minutes a day! go into each one talk about it... you'll feel stronger..
2. how about making this stuff not an option from within, coming bulletproof and realizing lusting on screens is just an option and I'm gonna have to face my lust and deal with it... there are many ways to do that.. how about, making a kenas of ripping a 50\$ bill if you lust on the Internet.. there's many great nusachim and it's important to make one without loopholes. This is just an idea of making it not an option. It's important then working on this you figure out ways to deal with your lust.. so it doesn't travel to other areas.. and with that I'll go to the 3rd...
3. give yourself a replacement - to replace what lust itself was giving you.. how about- excessive exercise 5 times a week?

all this seems like a lot heh?! Oh you bet it is! Well, breaking free does take a lot of effort.. and it's sure worth it.. for your olam hazeh and for your olam Haba.. and if not for you well then for your beautiful family! Hatzlacha!! I know you'll succeed! Keep it up!!!

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Re: On My Way To 90 Days

Posted by Lost In Search - 09 Feb 2022 09:45

update

So today I had a nisoyon, I went shopping with my wife to buy her clothing, and kept on seeing posters of attractive women. There were lots of inappropriately dressed women shopping there and I kept on seeing inappropriate sights, and as hard as I tried to not look, I kept on bumping into more pritzus.

Today is day 3 and I'm still clean:blush:

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Re: On My Way To 90 Days

Posted by Hashem Help Me - 09 Feb 2022 11:48

Are there other locations where you can shop - or are there times of day with less shoppers?

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Re: On My Way To 90 Days

Posted by Lost In Search - 10 Feb 2022 03:21

[Hashem Help Me wrote on 09 Feb 2022 11:48:](#)

Are there other locations where you can shop - or are there times of day with less shoppers?

there are not any other places to shop because my wife likes certain stores, the only option is to mention to my wife that I don't ant to come along because of the pritzus there, but I would feel like a hypocrite saying that because in the past I always went to the beach and there is a lot more peritzus there.

Also who knows, I will probally slip up again in a day or 2 with porn so why should I be careful with a inappropriate dressed girl I see while shopping.

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Re: On My Way To 90 Days

Posted by Lost In Search - 10 Feb 2022 03:33

Day 4

I am four days without going on youtube or netflix and this definitely makes it a lot easier, it was impossible to stay clean while surfing youtube, but now I am bh 4 days clean, and that is a big deal for me.

I want to go online now to youtube to watch a video on how to correct something on my windows 11 that I downloaded that needs to be fixed, I am torn on what to do, cuz I know if I go on youtube I might end up watching porn and masturbating, but it's hard not being able to look something up to fix my computer.

On another note,

I started doing a great online course to help for my OCD, and that will iyh be helpful for my OCD and anxiety, and by definition to my kedusha struggle as well, as many of my falls happen when I am feeling down and anxious and use sex as a stress reliever, so if I get my OCD and anxiety under control then I will be better in kedusha as well beh.

All the best

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Re: On My Way To 90 Days

Posted by Hashem Help Me - 10 Feb 2022 12:30

[Hashem Help Me wrote on 09 Feb 2022 11:48:](#)

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It would only be hypocritical if you **continue** going to the beach....

Also, does your wife care if you join on shopping trips? Some wives want their husbands with them; others could care less.

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Re: On My Way To 90 Days

Posted by Shtarkandemotional - 10 Feb 2022 20:06

[Lost In Search wrote on 10 Feb 2022 03:33:](#)

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All the best

Maybe tell the chevra the course your taking! It perhaps can help lots of people!

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Re: On My Way To 90 Days

Posted by Lost In Search - 13 Feb 2022 04:43

Day 7- Still clean

I feel that staying off youtube and netflix has made a big difference in the fight, besides not seeing triggers I now am more focused and present in my day to day life, including being a better husband.

One of the main reasons I go on the web for entertainment reasons is when I feel anxious, which I do feel often, as I mentioned in the past that I have OCD and anxiety. I go online to numb and to distract the anxiety, not to feel the pain which I feel from the anxiety and it works extremely well, it totally numbs the pain for the moment and gives me a temporary high which temporarily makes me feel so good. I mentioned in a previous post that I started an online program for my OCD and anxiety, I started a therapy treatment called ERP which is a CBT type of therapy, in short it's primary method is that when you run away from your anxiety and try to do all sorts of fixes and compulsions so not to feel the anxiety, you are never going to fix your problem, rather you are making it worse and only giving the anxiety power over your life. In ERP which stands for Exposure Response Prevention we expose ourselves deliberately to trigger our anxiety and to feel it and not to run away, but to continue with our daily life that we are trying to

do despite the anxiety. The more we train our brain that it's ok to feel the anxiety and we dont listen to it the more we will be able to manage the OCD and anxiety.

My internet usage I realized has to stop being an escape from my anxiety, not to use it as a trick to run away from it, rather when I feel my anxiety I need to stay away from the internet and experience the anxiety and continue with my day despite it being there. Thats what I have been doing the last couple of days, not using the internet as my escape and numbing device and Bh I feel a lot better and more in control of my emotions and more productive in my day.

I know that there is no easy fix for OCD and anxiety, treatment becomes a lifetimes, its easy to relapse if someone stops the treatment, so I know it wont be an easy fix and that will constantly have the urge to use the internet as an escape from the anxiety, but as long as I continue working on my anxiety and to alloow me to feel it and to expose myself to it and not escape it will become easier over time to deal with it.

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Re: On My Way To 90 Days
Posted by Hashem Help Me - 13 Feb 2022 13:02

Excellent post! Very helpful for the very many guys who's main trigger is anxiety. Exposure therapy is very helpful, and although treatment of OCD is a lifetime commitment, it becomes second nature once one has tasted success.

One "criticism". Maybe do not use the term - "still clean". It implies one expects to fall rach". Maybe just write "BH clean".

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Re: On My Way To 90 Days
Posted by Lost In Search - 15 Feb 2022 12:34

day 9- clean bh.

I wanted to watch the super bowl this past Sunday very badly, I love football, I watch the super bowl every year, but bh this year I didnt watch it and kept my eyes clean.

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Re: On My Way To 90 Days

Posted by joetyh - 15 Feb 2022 12:38

Wow

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